

## ABSTRACT OF THE DISCLOSURE

The present invention provides a neuromuscular/proprioceptive and rehabilitation apparatus which allows tri-planar motion training of injured joints such as the ankle in a weight bearing and non-weight bearing position. The apparatus is light weight, with exacting dimensions, comprised of 3 lb. density polyethylene foam providing ~~compression of the device during re-training of the injured~~ extremity. The apparatus provides correct dimensions and compression to allow for an individual to retrain in a single leg standing position on the device. This stance phase is therefore much more functional than other balance and proprioceptive devices.

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